

**M****JAMS, PICKLES, CHUTNEYS &  
RELISHES*****about JAMS, PICKLES, PRESERVES***

*If you've experienced the glow of satisfaction from shelves well stocked with homemade preserves, you will appreciate the great variety of recipes we have collected for the fruits, and vegetables of every season.*

*Ellen Sinclair*

*Ellen Sinclair, Food Editor  
Australian Women's Weekly*

**Fresh fruit and vegetables in season can be made into colorful jams and crisp pickles for home use, or to sell at fetes. Recipes in this section are among the most popular to appear in THE AUSTRALIAN WOMEN'S WEEKLY.**



- |            |                                   |            |                           |
|------------|-----------------------------------|------------|---------------------------|
| <b>M 1</b> | Strawberry Conserve               | <b>M18</b> | Hot Mustard Pickle        |
|            | Strawberry Jam                    | <b>M19</b> | Apricot and Pineapple Jam |
| <b>M 2</b> | Italian Vegetable Pickles         | <b>M20</b> | Mixed Pickle              |
| <b>M 3</b> | Apricot Health Jam                | <b>M21</b> | Plum Jam                  |
|            | Honey Peach Jam                   |            | Fig Jam                   |
| <b>M 4</b> | Tomato Relish                     | <b>M22</b> | Csalamade                 |
| <b>M 5</b> | Old Fashioned Scotch<br>Marmalade | <b>M23</b> | Sweet Orange Jam          |
|            | Apple Marmalade                   | <b>M24</b> | Sweet Picalilli Relish    |
| <b>M 6</b> | Sweet Fruit Chutney               |            |                           |
| <b>M 7</b> | Cumquat Marmalade                 |            |                           |
| <b>M 8</b> | Corn Relish                       |            |                           |
| <b>M 9</b> | Tomato Sauce                      |            |                           |
| <b>M10</b> | Carrot and Lemon Jam              |            |                           |
|            | Berry Jam                         |            |                           |
| <b>M11</b> | Pickled Onions                    |            |                           |
| <b>M12</b> | Sweet Choko Pickle                |            |                           |
| <b>M13</b> | Tomato and Passionfruit Jam       |            |                           |
|            | Tomato and Pineapple Jam          |            |                           |
| <b>M14</b> | Cabbage Relish                    |            |                           |
| <b>M15</b> | Sweet Mustard Pickles             |            |                           |
| <b>M16</b> | Grapefruit Jam                    |            |                           |
|            | Grapefruit Marmalade              |            |                           |
| <b>M17</b> | Curried Cucumber Pickles          |            |                           |
|            | Bread and Butter Cucumbers        |            |                           |

### **HINTS ON JAM-MAKING**

Some jam recipes call for the sugar to be 'warmed' when adding to the fruit mixture. To warm sugar, spread on flat tray, heat in moderate oven 5 to 7 minutes. Sugar warmed in this way dissolves more quickly in the jam.

### **TO TEST FOR SETTING**

Spoon a little jam on cold saucer (place saucer in refrigerator 30 minutes before testing), refrigerate 2 to 3 minutes. If it jells, glazes on surface and crinkles when touched, jam is cooked. If no skin forms, further boiling is necessary to evaporate more liquid. Remove jam from heat while testing.

Photography by Garry Isaacs

## STRAWBERRY CONSERVE



### STRAWBERRY CONSERVE

**2 cups (approx. 2 punnets)  
strawberries  
1½ cups sugar**

**1 teaspoon grated lemon  
rind  
2 teaspoons lemon juice**

Wash and hull strawberries, place in saucepan with sugar, lemon rind and juice. Stir over low heat until sugar dissolves. Increase heat, boil gently 10 minutes uncovered or until conserve jells when tested on a cold saucer.

Skim, turn onto a large plate, stand overnight, turning over several times, so that berries become plump and well mixed with juice. Pack into hot sterilised jars, seal.

**Makes about 2½ cups.**

**Note:** This conserve is best made in the small quantities suggested.

### STRAWBERRY JAM

**750 g (1½ lb.) (approx. 3  
punnets) strawberries**

**750 g (1½ lb.) sugar  
¼ cup lemon juice**

Place all ingredients in saucepan, stir over low heat until sugar dissolves. Bring to boil, reduce heat, simmer until jam jells when tested on cold saucer, 35 to 40 minutes.

**Makes about 1 litre (4 cups).**

**ITALIAN VEGETABLE PICKLES****ITALIAN VEGETABLE PICKLES**

- |                            |                            |
|----------------------------|----------------------------|
| 500 g (1 lb.) carrots      | ½ head celery              |
| 500 g (1 lb.) parsnips     | white vinegar              |
| 500 g (1 lb.) small onions | 1 tablespoon mustard seeds |
| 2 red peppers              | 2 teaspoons celery seeds   |
| 2 green peppers            |                            |

Scrape carrots and parsnips, peel onions. Wash peppers, celery and parsnips. Leave onions whole, also carrots if small; if large, cut carrots in 5 cm (2 in.) lengths. Cut celery and parsnips into 5 cm (2 in.) lengths. Quarter peppers, removing pith and seeds.

Place onions, parsnips and carrots in large saucepan, add sufficient vinegar to cover. Add mustard and celery seeds; bring to boil, reduce heat, simmer 15 minutes. Add remaining vegetables, with vinegar to cover, cook 3 minutes. Fill into hot jars, seal.

**Note:** Amount of vinegar for this recipe will depend on size of saucepan used. However, about one 739 ml (26 fluid oz.) bottle, or a little more, should be sufficient.

**APRICOT HEALTH JAM****APRICOT HEALTH JAM**

**250 g (8 oz.) dried  
apricots**

**3½ cups water  
1 cup honey**

Put apricots and water in a basin, cover, allow to stand overnight. Next day, put apricots and water into saucepan, bring slowly to boil; boil, uncovered, 10 minutes, remove from heat.

Add honey, stir until combined, return to heat, bring slowly to boil; boil gently 30 minutes, uncovered, or until mixture is of consistency of jam. Pour into hot sterilised jars, seal when cold.  
**Makes about 2½ cups.**

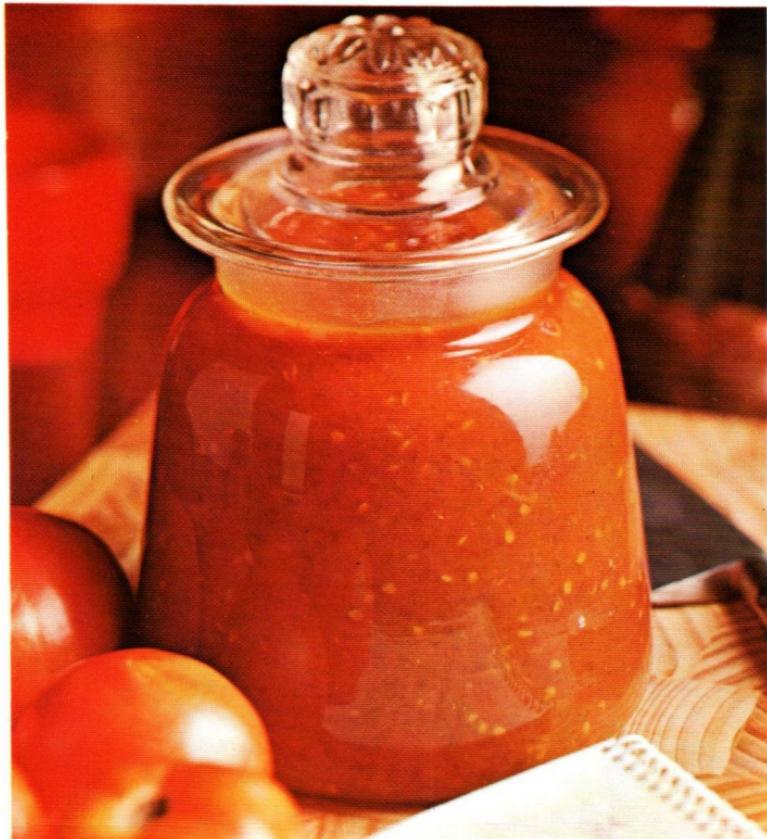
**HONEY PEACH JAM**

**250 g (8 oz.) dried  
peaches**

**3⅓ cups water  
1 cup honey**

Combine peaches and water in bowl, cover, stand overnight. Place peaches and water in saucepan, bring to boil, boil uncovered 10 minutes; remove from heat.

Add honey, stir until combined, return to heat, bring to boil, boil gently uncovered 30 minutes or until mixture is of jam consistency. Pour into sterilised jars while hot; seal when cold.  
**Makes about 2 cups.**

**TOMATO RELISH****TOMATO RELISH**

- |                                       |                                 |
|---------------------------------------|---------------------------------|
| 1.5 kg (3 lb.) firm, ripe<br>tomatoes | 1 tablespoon curry<br>powder    |
| 500 g (1 lb.) onions                  | ½ teaspoon pepper               |
| 2 tablespoons salt                    | 1 tablespoon dry mustard        |
| 2 cups brown malt<br>vinegar          | 2 tablespoons vinegar,<br>extra |
|                                       | 2 cups sugar                    |

Skin tomatoes, cut into cubes, place in bowl. Peel onions, chop finely, place in separate bowl. Sprinkle each with 1 tablespoon salt, cover, leave overnight.

Next day, drain off excess liquid, place tomatoes and onions in saucepan, add the 2 cups vinegar. Bring to boil, boil 5 minutes.

Combine curry powder, mustard and pepper with extra vinegar, mix to a smooth paste, stir into tomato mixture. Simmer slowly, uncovered, 45 minutes; add sugar, stir until sugar dissolves, simmer further 45 minutes. Bottle while hot, seal when cold.

**Makes about 1 litre (4 cups).**

**OLD FASHIONED SCOTCH MARMALADE****OLD FASHIONED SCOTCH MARMALADE**

**1 orange**  
**1 lemon**  
**1 grapefruit**

**3 cups water**  
**1.25 kg (2½ lb.) sugar**

Roughly chop unpeeled fruit, blend in blender on high speed until mushy. Put in large saucepan with water and sugar, stir over heat until sugar is dissolved then bring to boil; boil rapidly uncovered approximately 30 minutes or till jam jells when tested on a cold saucer.

**Makes about 2.5 litres (10 cups).**

**APPLE MARMALADE**

**3 oranges**  
**1 lemon**  
**3 green apples**

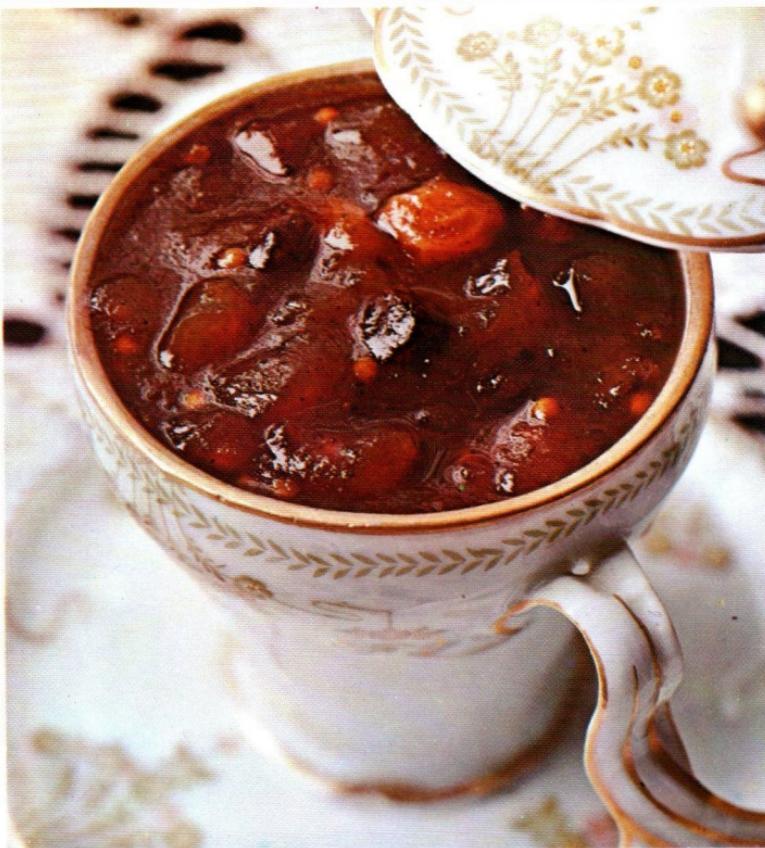
**3 litres (12 cups) water**  
**2.5 kg (5 lb.) sugar**

Thinly slice unpeeled oranges and lemon. Place in basin with 2 litres (8 cups) of the water, stand overnight. Next day bring to the boil, reduce heat, simmer gently 45 minutes or until rind is tender.

Peel, core and chop apples, cook with remaining water 10 minutes or until tender. Add apples and their liquid to orange mixture, bring to the boil. Reduce heat, add sugar, stir until sugar is dissolved. Bring to boil again, boil rapidly, uncovered, until marmalade jells when tested on cold saucer, approximately 1 hour. Pour into hot sterilised jars, seal.

**Makes about 3 litres (12 cups).**

## SWEET FRUIT CHUTNEY



### SWEET FRUIT CHUTNEY

- |                          |                                      |
|--------------------------|--------------------------------------|
| 1 kg (2 lb.) tomatoes    | $\frac{1}{4}$ teaspoon cayenne       |
| 2 medium onions          | $\frac{1}{4}$ teaspoon chilli powder |
| 1 large cooking apple    | 2 teaspoons mustard seeds            |
| 375 g (12 oz.) sugar     | 2 cups white vinegar                 |
| 1 tablespoon salt        | 1 cup water                          |
| 1 teaspoon ground cloves | $\frac{3}{4}$ cup sultanas           |

Skin tomatoes, chop roughly. Place in large saucepan, bring to boil; reduce heat, simmer, covered, 10 to 15 minutes, until soft and pulpy. Remove from heat, push mixture through sieve.

Return the tomato puree to saucepan. Add peeled and chopped onions; peeled, cored and chopped apples; sugar and salt. Stir over low heat until sugar has dissolved.

Mix ground cloves, chilli powder and cayenne to a paste with a little of the vinegar. Add this to the tomato mixture with the remaining vinegar, water and mustard seeds. Bring to the boil, reduce heat, simmer, uncovered 30 minutes. Add sultanas, simmer further 30 minutes or until mixture becomes thick. Pour into hot sterilised jars, seal.

**Makes about 1.5 litres (6 cups).**

**CUMQUAT MARMALADE****CUMQUAT MARMALADE**

**1 kg (2 lb.)** cumquats  
**2.5 litres (10 cups)** water  
**1 cup water, extra**

**2 kg (4 lb.)** sugar  
**1 tablespoon** lemon juice

Slice fruit finely, putting seeds aside in basin. Place fruit in bowl, cover with the 2.5 litres water. Cover seeds with extra 1 cup water; stand overnight.

Next day place fruit and liquid, with added water from strained seeds, in saucepan, bring to boil, boil until tender, approximately 15 to 20 minutes. Add sugar and lemon juice, stir until sugar dissolves. Bring to boil, boil approximately 1½ hours, until marmalade jells when tested on cold saucer.

**Makes about 2 litres (8 cups).**

**SPICED CUMQUATS**

**1 kg (2 lb.)** cumquats  
**3 cups** water  
**½ cup** white vinegar  
**1 cup** sugar  
**2.5 cm (1 in.) piece** green ginger

**6 whole cloves**  
**10 cm (4 in.) piece**  
**cinnamon stick**

Wash cumquats, prick each cumquat all over with fine needle about 20 times; this stops cumquats from shrinking and shrivelling during cooking time. Place water, vinegar and sugar in large pan; stir over low heat until sugar dissolves.

Tie chopped green ginger, cloves and cinnamon stick in a piece of muslin, add to liquid. Place cumquats in liquid, bring to boil, reduce heat; boil very gently, uncovered, 20 minutes or until cumquats are tender. Pour cumquats with their liquid into hot sterilised jars; seal.

## CORN RELISH



## CORN RELISH

3½ cups white vinegar  
1 cup sugar  
2 315 g (10 oz.) cans whole kernel corn  
1 medium onion  
½ cup chopped celery  
½ green pepper

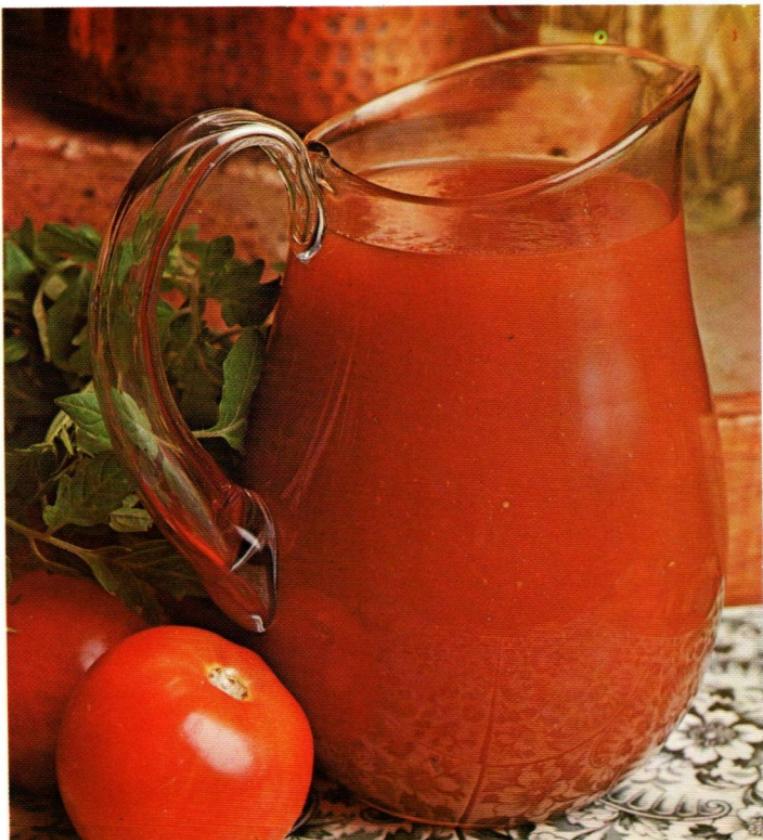
½ red pepper  
3 tablespoons cornflour  
3 tablespoons dry mustard  
1 tablespoon mustard seeds  
½ teaspoon turmeric

Put 2½ cups vinegar and the sugar into a large saucepan, stir over low heat until sugar is dissolved, then bring to boil. Add drained corn, chopped onion, celery and chopped peppers. Cover and simmer 20 minutes.

Blend cornflour, dry mustard, mustard seeds and turmeric with remaining vinegar, add to vegetable mixture. Stir until mixture boils and thickens, reduce heat, simmer further 5 minutes, stirring constantly. Pour into hot sterilised jars; seal.

Makes about 3¾ cups.

## TOMATO SAUCE



## TOMATO SAUCE

- |                                  |                                 |
|----------------------------------|---------------------------------|
| 3 kg (6 lb.) firm, ripe tomatoes | 1/2 teaspoon pepper             |
| 2 medium onions                  | pinch cayenne                   |
| 5 medium green apples            | 1/4 cup lemon juice             |
| 1 3/4 cups white vinegar         | thinly-peeled rind 1 lemon      |
| 2 tablespoons salt               | 1 teaspoon whole cloves         |
| 750 g (1 1/2 lb.) sugar          | 1 teaspoon whole allspice       |
|                                  | 1 teaspoon chopped green ginger |

Roughly chop the tomatoes, peeled onions and unpeeled cored apples. Put in large saucepan or boiler, cover, bring slowly to boil, reduce heat, simmer gently 30 minutes or until apples are soft and pulpy.

Allow to cool slightly, then press mixture through sieve. Return sieved mixture to saucepan, add vinegar, salt, sugar, pepper, cayenne, lemon juice and rind.

Put allspice, cloves and ginger in muslin bag, add to tomato mixture. Stir over low heat until sugar has dissolved, then bring to boil; boil gently, uncovered, 1 1/4 hours. Cool; remove muslin bag and lemon rind. Pour into sterilised jars or bottles; seal.  
Makes about 2 litres (8 cups).

**CARROT AND LEMON JAM****CARROT AND LEMON JAM**

1 large lemon  
1 medium-sized carrot

1.5 litres (6 cups)  
boiling water  
500 g (1 lb.) sugar

Slice lemon thinly and cut into quarters, cover with the boiling water. Peel and grate carrot, add to the lemon, stand overnight. Next day boil gently approximately 20 minutes or until lemon rind becomes tender. Add warmed sugar, stir over low heat until sugar dissolves, then bring to boil; boil until mixture jells when tested, approximately 15 minutes. Bottle while hot. Seal and label when cold.

**Makes about 2 cups.**

**BERRY JAM**

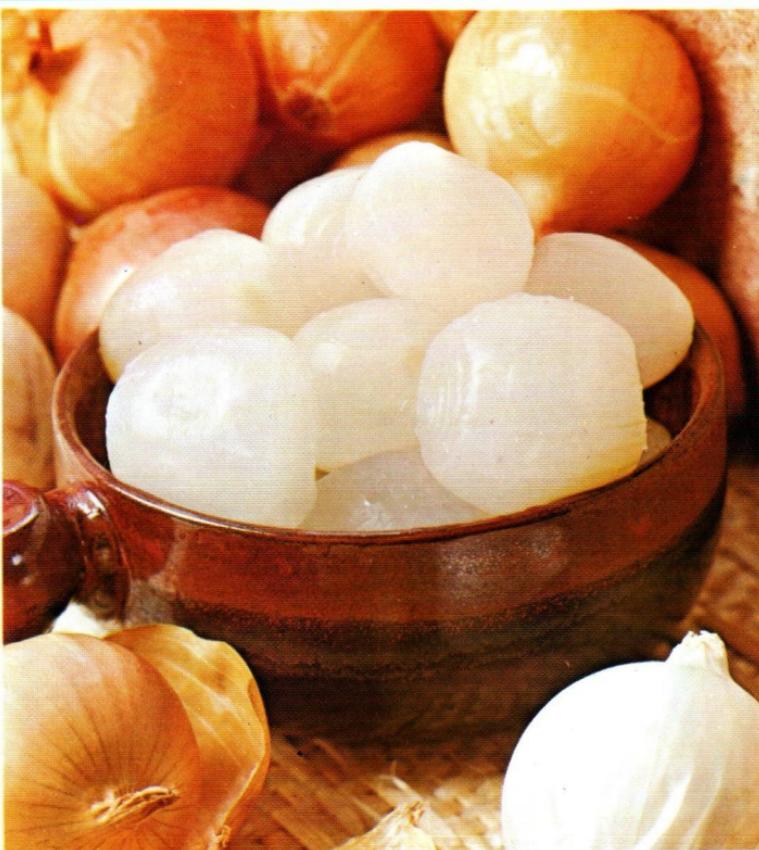
500 g (16 oz.) packet frozen  
boysenberries (any quick-  
frozen berries can be  
substituted)

2 cups sugar  
2 tablespoons lemon juice

Put thawed berries into saucepan, bring to boil. Add sugar and lemon juice, reduce heat, stir until sugar has dissolved, then bring to boil again; boil gently until jam jells when tested on cold saucer, approximately 15 minutes.

**Makes about 2½ cups.**

## PICKLED ONIONS



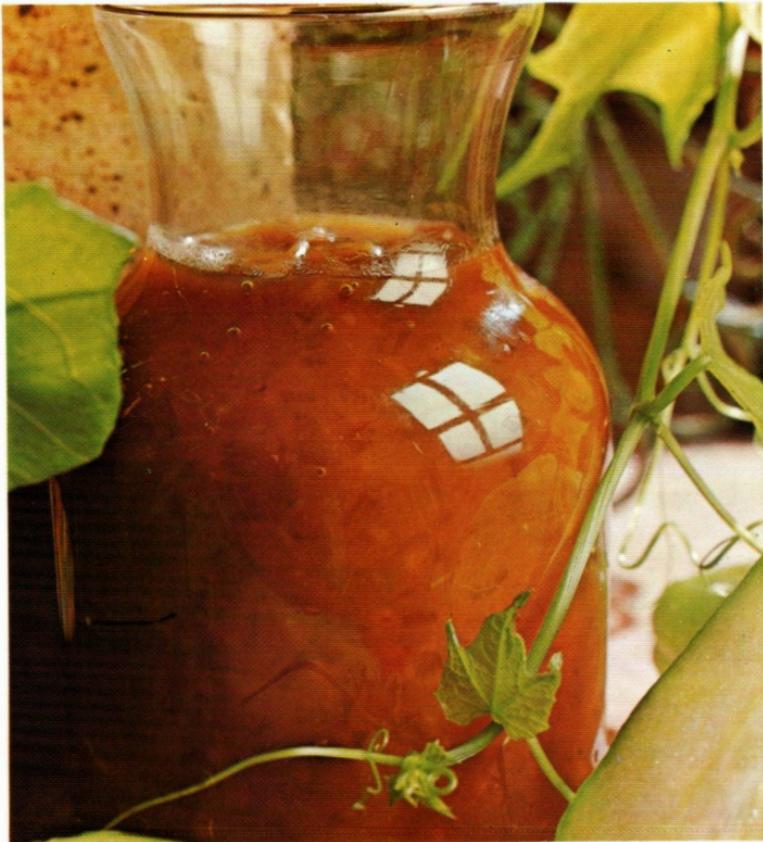
## PICKLED ONIONS

2 kg (4 lb.) small onions	1½ teaspoons whole allspice
750 g (1½ lb.) salt	1½ teaspoons whole cloves
water	2.5 cm (1 in.) cinnamon stick
5 cups white vinegar	6 whole peppercorns
4 teaspoons salt, extra	
2 teaspoons ground ginger	

Place unpeeled onions and 750 g salt in large bowl; add enough water to cover; stand 2 days, stirring occasionally. Drain liquid, peel onions.

Cover onions with boiling water, stand 3 minutes, drain. Repeat this boiling water and draining process two more times. Pack onions into hot sterilised jars.

Combine all remaining ingredients in a saucepan, bring slowly to boil, reduce heat, simmer 10 minutes. Cool slightly, strain, pour over onions, seal.

**SWEET CHOKO PICKLE****SWEET CHOKO PICKLE**

- |                                |                               |
|--------------------------------|-------------------------------|
| 6 medium chokoes               | 1 cup golden syrup            |
| 2 cups sugar                   | 2 teaspoons peppercorns       |
| 1 kg (2 lb.) onions            | 2½ cups brown malt<br>vinegar |
| 1 tablespoon salt              | ½ cup flour                   |
| 1 tablespoon whole<br>allspice | 1 tablespoon dry mustard      |
| 1 teaspoon whole cloves        | 2 teaspoons turmeric          |

Peel, core and chop chokoes, put in bowl, sprinkle over ½ cup sugar; cover, stand overnight.

Next day, place chokoes and their liquid into large pan, add chopped onions and salt. Tie allspice, cloves and peppercorns in a muslin bag, add to choko mixture. Bring to boil, reduce heat, simmer gently, uncovered, 45 minutes or until vegetables are tender. Add ¾ cup vinegar, remaining sugar and golden syrup, simmer 30 minutes.

Combine flour, mustard and turmeric, blend to a smooth paste with remaining vinegar. Add to choko mixture, stir until mixture boils and thickens, reduce heat, simmer further 30 minutes. Remove spice bag. Bottle when cold.

Makes about 2.5 litres (10 cups).

## TOMATO AND PASSIONFRUIT JAM



### TOMATO AND PASSIONFRUIT JAM

**1 kg (2 lb.) ripe tomatoes**      **1.25 kg (2½ lb.) sugar**  
**¾ cup passionfruit pulp**  
**(approx. 10 passionfruit)**

Skin and chop tomatoes. Remove pulp from passionfruit, set aside.

Place half the skins from the passionfruit into a large saucepan, cover with water. Boil rapidly until skins are soft inside, about 1 hour. With a spoon, scoop out all the soft pulp, discard skins.

Combine tomatoes and passionfruit pulp in saucepan, add reserved pulp from skins and warmed sugar, stir over a low heat until sugar is dissolved; bring quickly to the boil, boil rapidly uncovered until jam jells when tested on cold saucer, about 50 minutes. Pour into hot sterilised jars; seal.

**Makes about 1½ litres (7 cups).**

### TOMATO AND PINEAPPLE JAM

<b>1.5 kg (3 lb.) tomatoes</b>	<b>1 small pineapple</b>
<b>1 tablespoon salt</b>	<b>⅔ cup lemon juice</b>
<b>1.25 kg (2½ lb.) sugar</b>	

Peel and chop tomatoes, sprinkle with the salt, cover, allow to stand overnight. Next day, pour off liquid from tomatoes; peel and chop pineapple. Combine tomatoes and pineapple in saucepan, bring to boil, reduce heat, simmer gently, uncovered, until pineapple is tender, approximately 35 minutes. Remove from heat, add sugar, stir well.

Return to heat, stir over gentle heat until sugar dissolves, increase heat, boil gently uncovered for 30 minutes. Add lemon juice, continue cooking until jam jells when tested, approx. 20 to 30 minutes. Pour into warm jars, allow to become completely cold before sealing.

## CABBAGE RELISH



## CABBAGE RELISH

- |                            |                           |
|----------------------------|---------------------------|
| 1 small cabbage            | 2 1/4 cups sugar          |
| 3 medium carrots           | 3 teaspoons mustard seeds |
| 4 green peppers            | pinch cayenne pepper      |
| 4 red peppers              | 4 cups white vinegar      |
| 500 g (1 lb.) white onions | 3 teaspoons celery seeds  |
| 1/4 cup salt               | bayleaves                 |

Wash cabbage, shred thinly; peel carrots, slice thinly. Chop onions and peppers into small dice. Place all vegetables into large earthenware or plastic bowl, sprinkle salt over, mix well. Cover, stand overnight.

Next day, drain vegetables well, discard liquid. Pack vegetables firmly into hot, sterilised jars, placing a bayleaf in each jar.

Combine all remaining ingredients in saucepan, stir over heat until sugar dissolves. Bring to boil, reduce heat, simmer 5 minutes. Pour hot, undrained vinegar over vegetables in jars, making sure all vegetables are covered with the liquid. Seal when cold.

**Makes about 3.5 litres (14 cups).**

**SWEET MUSTARD PICKLES****SWEET MUSTARD PICKLES**

- |   |                                 |
|---|---------------------------------|
| 1.25 kg (2½ lb.) green<br>(or red) tomatoes | ¼ cup salt                      |
| 1 small cucumber                            | 2 tablespoons flour             |
| 2 large onions                              | 2 teaspoons dry mustard         |
| 1 red pepper                                | 1 teaspoon curry powder         |
| 2 cups sugar                                | pinch cayenne                   |
| 1½ cups white vinegar                       | 2 teaspoons turmeric            |
| 2 litres (8 cups) water                     | 3 tablespoons vinegar,<br>extra |

Peel and slice cucumber, onions and tomatoes, slice red pepper. Put in large bowl, add water and salt; stand 24 hours. Bring to the boil, boil 10 minutes, strain off liquid. Return vegetables to saucepan, add sugar and the 1½ cups vinegar; stir until sugar dissolves, bring to the boil, boil 3 minutes.

Combine flour, mustard, curry powder, turmeric and cayenne; mix to a paste with the extra vinegar. Add to saucepan, stir until mixture boils and thickens, boil 3 minutes. Bottle while hot.  
**Makes about 3 cups.**

**GRAPEFRUIT JAM****GRAPEFRUIT JAM**

**1 large grapefruit  
5 cups boiling water**

**1 kg (2 lb.) sugar**

Wash grapefruit, slice thinly, removing seeds. Place in a basin, add boiling water, cover; stand overnight. Place fruit and liquid in a large saucepan, simmer over low heat for approximately 30 minutes or until rind is tender.

Add warmed sugar, stir over low heat until sugar dissolves. Then bring quickly to the boil, boil rapidly uncovered until jam jells when tested on a cold saucer, approximately 40 minutes. Allow to cool for 10 minutes before pouring into hot sterilised jars; seal.

**Makes about 3 cups.**

**GRAPEFRUIT MARMALADE**

**2 large grapefruit  
2.5 litres (10 cups) water  
470 g (15 oz.) can  
pineapple juice**

**3 kg (6 lb.) sugar**

Wash grapefruit. Slice unpeeled grapefruit very thinly. Put in large bowl. Add the water, stand overnight. Next day, add pineapple juice. Pour into large saucepan, bring to the boil, boil 15 minutes. Remove from heat, cover; stand overnight.

Next day boil again 15 minutes. Reduce heat, gradually add sugar, stir constantly until sugar dissolves, then bring to the boil. Boil uncovered approximately 1 hour or until marmalade jells when tested. Pour into hot sterilised jars; seal.

**Makes about 3 litres (12 cups).**

## CURRIED CUCUMBER PICKLES



## CURRIED CUCUMBER PICKLES

6 medium cucumbers	3½ cups white vinegar
3 onions	2 cups sugar
3 green or red peppers	2 teaspoons curry powder
½ cup salt	1 teaspoon celery seeds
water	1 teaspoon mustard seeds

Wash cucumbers, cut into 5 mm (¼ in.) slices. Peel and slice onions, cut peppers into 1 cm (½ in.) pieces. Put vegetables in earthenware or plastic bowl, sprinkle with the salt, pour water over to cover vegetables, stand 5 hours; drain well.

Combine vinegar, sugar, curry powder, celery seeds and mustard seeds in saucepan. Stir over heat until sugar is dissolved, bring to boil. Add drained vegetables, bring back to boil; pour into sterilised jars, seal immediately.

**Makes about 2.5 litres (10 cups).**

## BREAD AND BUTTER CUCUMBERS

4 large cucumbers	2 teaspoons mustard seeds
salt	1 teaspoon salt
1½ cups brown vinegar	4 strips pimento or
1 cup hot water	red pepper
¾ cup sugar	

Wash cucumbers well, slice very thinly. Arrange in layers in large shallow dish, sprinkling a little salt between each layer (about ¼ cup salt in all). Cover, stand overnight.

Wash cucumbers well in cold water, drain, set aside. In large saucepan, combine vinegar, hot water, sugar, mustard seeds and salt; stir to dissolve sugar, then bring to boil; reduce heat, simmer uncovered 5 minutes. Add cucumbers, bring just to boiling point, remove from heat. Using tongs and working quickly, pack cucumbers tightly into hot sterilised jars. Add a pimento strip to each jar. Fill with vinegar mixture to within 1 cm (½ in) of top, seal at once.

**Makes about 2 litres (8 cups).**

**HOT MUSTARD PICKLE****HOT MUSTARD PICKLE**

- |                              |                            |
|------------------------------|----------------------------|
| 500 g (1 lb.) green tomatoes | 4 chillies                 |
| 2 cucumbers                  | 3½ cups white vinegar      |
| 3 large onions               | 2 cups sugar               |
| ½ cauliflower                | 1 teaspoon ground nutmeg   |
| 2 red peppers                | 2 tablespoons curry powder |
| 2 green peppers              | 1½ tablespoons dry mustard |
| 3 tablespoons salt           | ½ teaspoon turmeric        |
|                              | ⅓ cup plain flour          |

Peel skin from cucumbers, chop cucumbers finely; remove stalk and seeds from peppers, chop finely; separate cauliflower into small flowerets. Peel and finely chop onions; peel and finely chop tomatoes; remove stalks from chillies, chop finely with their seeds.

Put vegetables into an earthenware or plastic bowl, sprinkle with the salt, cover with plastic food wrap, leave overnight. Next day, drain in colander. Combine dry mustard, turmeric and flour in bowl. Blend with enough of the vinegar to make into a thin paste. Place vegetables into saucepan with remaining vinegar, bring to boil, covered; boil 5 to 10 minutes (depending on whether you like the vegetables crisp or less-crisp). Add sugar. Tie in a small piece of muslin the nutmeg and curry powder, add to saucepan, stir until mixture boils.

Remove saucepan from heat, stir in the blended flour. Return to heat, stir until mixture boils and thickens. Reduce heat, simmer 5 minutes. Remove muslin bag. Pour into sterilised jars while still hot.

**Makes about 2.5 litres (10 cups).**

**APRICOT AND PINEAPPLE JAM****APRICOT AND PINEAPPLE JAM**

- |   |                                   |
|---|-----------------------------------|
| 250 g (8 oz.) dried<br>apricots         | 1 ¾ cups water                    |
| 470 g (15 oz.) can crushed<br>pineapple | 1 tablespoon grated<br>lemon rind |
| ¾ cup grated carrot                     | ⅓ cup lemon juice                 |
|   | 4 cups sugar                      |

Combine dried apricots, pineapple and syrup from can, carrot and water in heavy saucepan. Bring slowly to the boil, cover, reduce heat, simmer until apricots are soft, approximately 20 minutes. Add sugar, lemon rind and juice, stir until sugar is dissolved, bring to boil. Continue cooking, uncovered, at gentle boil, stirring occasionally. Start testing jam on cold saucer after 10 minutes of boiling. When jam jells, remove from heat and pour into sterilised jars; seal when cold.

**Makes about 1.5 litres (6 cups).**

**EASY APRICOT JAM**

- |  |                           |
|--|---------------------------|
| 2 kg (4 lb.) firm apricots<br>(not too ripe) | 3 kg (6 lb.) sugar        |
| 1 cup water                                  | 2 teaspoons tartaric acid |

Wipe fruit, cut in half, remove stones. Put in large saucepan with water, bring to boil, reduce heat, boil gently 5 minutes. Remove from heat, add warmed sugar, stir until dissolved. Return to heat, boil 3 minutes; add tartaric acid, boil further 5 minutes. Pour into sterilised jars, seal. (This jam will be rather thin when poured into jars, but will thicken on standing.)

**Makes about 2 litres (8 cups).**

**MIXED PICKLES****MIXED PICKLES**

- |                       |                            |
|-----------------------|----------------------------|
| 2 medium cucumbers    | 2.5 litres (10 cups) water |
| 2 medium carrots      | 1 cup sugar                |
| ½ small cauliflower   | 3 ¼ cups white vinegar     |
| 1 red or green pepper | 1 tablespoon mustard seeds |
| 4 small white onions  | 1 tablespoon celery seeds  |
| ½ cup salt            |                            |

Wash cucumbers, cut into 1 cm (½ in.) cubes. Peel carrots, cut into 1 cm (½ in.) cubes. Cut cauliflower into flowerets. Cut pepper into 1 cm (½ in.) squares, remove seeds. Peel and chop onions.

Place vegetables in earthenware or plastic bowl; dissolve the salt in the water, pour over vegetables, cover, stand overnight. Next day drain vegetables.

Combine sugar, vinegar, mustard seeds and celery seeds in large saucepan. Stir over heat until sugar dissolves, bring to boil, reduce heat, simmer 3 minutes, add drained vegetables, return to boil, remove from heat.

Pack jars with vegetables, pour vinegar mixture over, seal immediately.

**Makes about 2.5 litres (10 cups).**

**PLUM JAM****PLUM JAM**

**1.5 kg (3 lb.) plums**

**1½ cups water**

**1.25 kg (2½ lb.) sugar**

**1 tablespoon lemon juice**

Wash plums, cut in halves, remove stones. Place in large saucepan with the water and 375 g (¾ lb.) sugar. Stir over low heat until sugar dissolves, cook gently until plums are tender, stirring occasionally. Add remaining sugar, stir over low heat until sugar dissolves, add lemon juice.

Boil rapidly until jam jells when tested on a cold saucer, approximately 1 hour. Pour into hot sterilised jars, seal.

**Makes about 2 litres (8 cups).**

**FIG JAM**

**1 kg (2 lb.) figs**

**¾ cup orange juice**

**¼ cup lemon juice**

**2 tablespoons sweet sherry**

**1 kg (2 lb.) sugar**

Wash figs, cut off stems, chop roughly. Place in large saucepan with orange juice, lemon juice and sherry. Bring to the boil, reduce heat, simmer until figs are tender. Add warmed sugar, stir over low heat until sugar dissolves. Increase heat, boil rapidly, uncovered, until jam jells when tested on a cold saucer, approximately 25 minutes. Pour into hot sterilised jars, seal.

**Makes about 1¼ litres (5 cups).**

**CSALAMADE****CSALAMADE**

- |                          |                                |
|--------------------------|--------------------------------|
| 2 cups white vinegar     | 1 teaspoon bottled horseradish |
| 1 cup brown malt vinegar | cream or relish                |
| 1 cup water              | 1 red pepper                   |
| ½ cup sugar              | 1 green pepper                 |
| 2 teaspoons salt         | 2 dill pickles                 |
| 2 crushed bayleaves      | 2 large onions                 |
| 12 peppercorns           | ½ cabbage                      |
| 1 teaspoon mustard seeds |                                |

Combine in large saucepan vinegars, water, sugar, salt, bayleaves, peppercorns, mustard seeds and horseradish, bring to boil.

Meanwhile prepare vegetables; slice peppers into long shreds, cut dill pickles into rings, peel onions and cut into small wedges, shred cabbage. Place into boiling vinegar mixture the peppers, dill pickles and onion. Simmer 8 minutes. Add cabbage, continue simmering further 10 minutes, stirring occasionally.

Fill into hot sterilised jars, making sure vinegar covers vegetables, seal immediately.

**Makes about 2.5 litres (10 cups).**

**SWEET ORANGE JAM****SWEET ORANGE JAM**

2 oranges

1 lemon

1.25 litres (5 cups) water

1.5 kg (3 lb.) sugar

Wash oranges and lemon, slice very thinly, remove pips. Place fruit in a basin, add water, cover and stand 2 days.

Place fruit and water in large saucepan, boil 1 hour. Add warmed sugar, stir over low heat until sugar has dissolved. Then bring to boil, boil rapidly approximately 40 to 50 minutes, or until jam jells when tested on cold saucer. Pour into hot sterilised jars, seal.

**Makes about 1½ litres (5 cups).**

**SWEET PICCALILLI RELISH****SWEET PICCALILLI RELISH**

- |  |                         |
|--|-------------------------|
| 3½ cups white vinegar                                | ½ red pepper            |
| 1¼ cups sugar  | ½ green pepper          |
| 500 g (1 lb.) white onions                           | 4 tablespoons flour     |
| 6 sticks celery                                      | ¾ cup water             |
| ¼ small cauliflower                                  | 3 teaspoons dry mustard |
| 3 cups shredded cabbage<br>(approx. ¼ small cabbage) | ½ teaspoon turmeric     |

Separate cauliflower into flowerets. Put vinegar and sugar into large saucepan, stir over low heat until sugar is dissolved, then bring to the boil. Add sliced onions, chopped celery, cauliflower pieces, cabbage and chopped red and green peppers. Reduce heat, cover, simmer 20 minutes, remove from heat.

Blend flour, mustard and turmeric to a smooth paste with the water, add to vegetable mixture. Return to heat, stir constantly until mixture boils and thickens, reduce heat, simmer further 10 minutes. Pour into hot sterilised jars, seal.

**Makes about 1 litre (4 cups).**